



Cheryl and Lynn Sweat have learned swimming instruction from the Mountain Spaa in Midway. When they first enrolled in lessons, they were

unable to swim at all. Now, after direction from Mtn. Spaa instructors they are successful swimmers.

Mountain Spaa Swim Program to Begin

"During a family swimming outing at the Mountain Spaa Resort on Memorial Day, 1984;

My older children, some who are married, commented that Cheryl and Lynn, then ages 10 and 11 years old weren't able to swim," recalls Janet Sweat of Center Creek. "Our older five children are all excellent swimmers and were all swimming before they were 10 years old. Cheryl and Lynn had both taken lessons several times but still couldn't

swim."

One of our older children said, "Mom, you brought us to the Mountain Spaa for lessons from Gene and Farrel Payne, that must be the difference."

So Janet and Duane Sweat enrolled Cheryl and Lynn in the Mountain Spaa 1984 swim lesson program. "Their instructor, Val Cummings, was so patient with them. After only five lessons they were diving from the board and swimming across the pool."

Val has been swimming since

age 2. She learned to swim at the Mountain Spaa from her grandfather, Gene Payne and his son Farrel. The teaching methods used by the Paynes are still used at the Mountain Spaa.

The Mountain Spaa Resort swim lesson program for 1985 will begin on June 10. Classes will be offered for every level from babies to adults. Prices start at \$10. For more information call 654-0721, 654-0807 or 654-4359.

Mt. Spaa
Hot Pools



The first session of swimming lessons is successfully over. The children will put on a water show for everyone, free of charge, to show off their new skills learned in the water.

Free Water Show at Mountain Spaa Planned

27 June 1985

The first session of swimming lessons at the Mountain Spaa Resort will conclude this week with a water show Friday at 7:00 p.m. Water skills will be demonstrated by students of the 1985 classes for interested

persons. Students range in age from babies to adults.

Following the water show, admissions to the two mineral water pools will be half price for the remainder of the evening for anyone who would like to swim.

The second set of swim lessons at the Mountain Spaa will be starting July 29. Call 654-0721 to enroll. Classes will once again be for everyone from babies to adult beginners, and include advanced and intermediate classes.